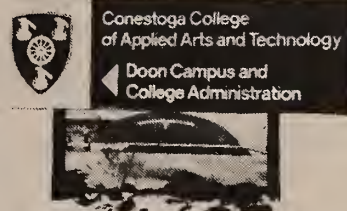


SPOKE

Conestoga College, Monday, May 4, 1987



Facility planned

By Carl Lackenbauer

David Putt, director of the Doon campus of Conestoga College, will travel to Europe this month to investigate various furniture manufacturing equipment required for the new woodworking centre at the college.

The announcement was made by Putt at the April 27 board of governors meeting at the Valhalla Inn.

The two-week trip will include stops in Hanover, Germany, where one of the largest furniture and manufacturing equipment shows in Europe will be held. In addition, Putt is scheduled to visit Italy and tour one of the largest woodworking training facilities in Europe.

Plans call for the 50,000-square-foot facility, to be built just east of the main Doon campus building, to be started this spring be operational by June, 1988. According to Putt, some of the most modern machinery in the world will be installed in the \$6.4-million centre.

The college must raise \$1 million in addition to the \$4.7 million being provided by the government for the centre.

"We're on the verge of finalizing the establishment of a woodworking trust. We've begun to meet with managers from the Ontario Furniture Manufacturers Association (OFMA) to discuss the approach that we are going to use to continue to raise the \$1-million from industry," he said.

Putt also reported at the board meeting that the two-storey, 40,000-square-foot health sciences addition to the main building at Doon campus currently is within its \$3.3-million budget and on target.

"We are presently working on the move from the three hospitals in the Kitchener-Waterloo and Guelph locations, which will take place June, July and the early part of August," he said.

"We'll be moving the first, second and third-year design, graphics and advertising programs out of their existing location and into the new addition. That area will then expand to give us a much larger resource centre, responding to the needs of the total campus. Changes to the cafeteria will also be made to allow for the additional students," he explained.



Photo by Hob Reid/Spoke

Engineering feat

Third-year mechanical technology (design and analysis) students at Doon campus engineered the construction of this human pyramid on the lawn outside the main building. Shortly after this photo was taken, their creation developed structural weakness and tumbled to the ground.

Building funds expected soon

By Beth Nichols

Conestoga College has received a \$436,000 capital grant from the Ministry of Colleges and Universities for instructional equipment.

The announcement was made by college president Kenneth Hunter at the April 27 board of governors meeting held at Kitchener's Valhalla Inn.

The grant was about the same amount the college has received in other years, said Hunter.

In other business at the meeting, Hunter said he and

Jack Williams, director of finance, had been worried because they had begun operations on the expansion of the woodworking facility at Doon without final assurance of financing from the Ministry of Colleges and Universities.

According to Hunter, Williams called the ministry daily for a final approval. On April 27, the ministry confirmed that a cheque for \$4.7 million had been issued and was in the mail.

"We're at the tender mercies of Canada Post," said Hunter.

In addition to the capital grant, Conestoga received a special grant of \$690,000. "That

was special year-end money which was to be spent before midnight, March 31," said Hunter.

The money was applied against the costs of the health sciences addition under construction at the Doon campus.

In other business, Hunter said that Conestoga College will be announcing, in the latter part of May, the person succeeding him as college president.

Hunter told the board that the field has been narrowed to two candidates and interviews now are being conducted. No names were announced as to who the candidates are.

Reporters to meet

How to get a job will be one of the topics discussed at the Ontario Reporters' Association convention to be held at Conestoga College, Doon campus, May 23.

Tom Nunn, reporter for the Kitchener-Waterloo Record, a reporter from the Windsor Star and an editor from The Record will discuss how a beginning reporter should go about applying for a job and give tips on what editors look for.

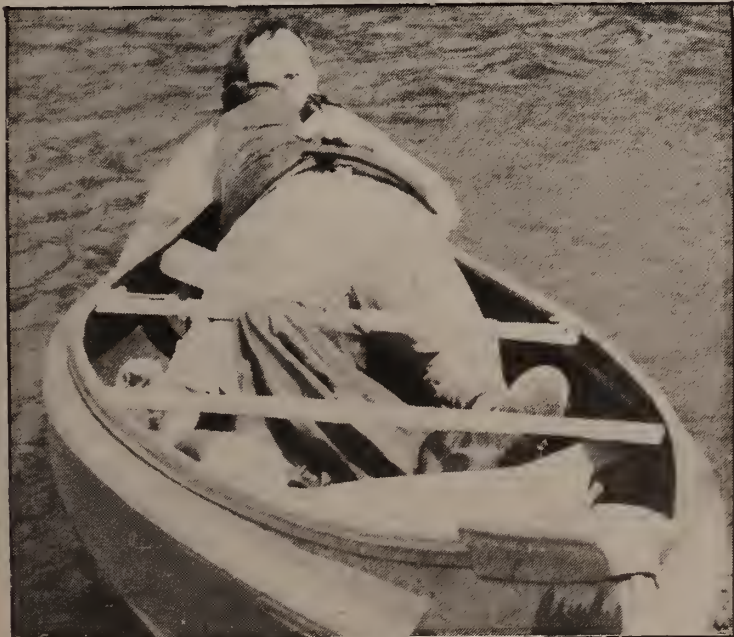
Burt Bruser, a Southam lawyer and author of the book How To Get the Story

Without Being Sued or Thrown in Jail, will talk on how to keep stories free of libel.

The third speaker has yet to be confirmed.

Robert Reid, a reporter at The Record, will give an update on the efforts of the Ontario Press Council to get more reporter representation.

Registration for the convention, which begins at 10 a.m., is \$10 for students, \$12 for members in advance, \$14 for members at the door and \$30 for non-members.



Troy Buchanan of Kitchener rests after boat race.

Experience prevails in boat race

By Deanna Ball

The Conestoga College annual boat race, sponsored by the Doon Students Association (DSA), was won by canoeists Jim Boshart, a 10-year veteran of the race, and Bob Zehr, a two-year participant, in a time of four hours and 52 seconds.

"We won the race through determination," said Boshart, as he was greeted by his daughter and his wife at the finish.

The race was postponed two weeks because of the threat of heavy rains and fast-moving waters, according to Sandy Nay, activities co-ordinator for the DSA.

"We wanted to make sure

that the waters wouldn't be too rough for any novice who might enter the race," said Nay.

Second-place winners were Doug Guderian and Mike Devoracek, whose yellow canoe flew a skull and crossbones. Guderian and Devoracek attracted attention along the river by singing through every check point.

A moment of excitement was created at the finish line as Gord Taleman and Paul Hallman raced Scott and Troy Buchanan for third place, with the Buchanans winning.

Scott Buchanan, competing with a broken foot as a result of a hang-gliding accident, aggravated the injury when he

jumped back into the canoe after lifting it through a shallow section of the river. He broke the seat and landed on his ankle.

"Scott has been racing with a shattered foot," commented Troy, who had lost his shoe in the river.

First place kayak winners, in a two-man kayak, were Gary Pinos and Vladumier Paysar, 10 and five-year veterans respectively. Their time was four hours, 17 minutes and 50 seconds.

In the junk-boat category, no winners were declared as all craft were pulled from the race by officials because of river conditions. One junk sank at the start.

Maintaining facilities more than full-time job

By Deanna Ball

The job description states that his department "will maintain a comfortable, clean and safe environment to facilitate the teaching process." The job is manager of physical resources at Conestoga College and the person in charge is, Mac Rostance.

"As far as I'm concerned, if it is possible to love a building, I love this one. If I've heard it once I've heard it a thousand times, my wife saying, 'Why don't you take a bed down there and sleep?'"

"Physical resources is a catch-all phrase. Basically it is anything that will assist the teaching process," said Rostance.

Physical resources includes general maintenance—for example, checking and re-tubing each of the 15,000 lights at the Doon campus; snow removal; cleaning; security; campus safety, including program safety; food service; and life supervision. Every building on campus, except the athletic centre, which is run by Barry Milner, is under Rostance's supervision.

The Doon campus resources staff consists of 13 people, assisted by contract workers for cleaning from Control Building Services, two security guards who are employees of Canadian Protection Service and the food service staff who are employees of Beaver Food Ltd.

Every summer, Rostance must re-assess the cafeteria needs. This includes comparing Doon's cafeteria with others and making sure that Doon's food prices are competitive.

Getting back to that reference to wildlife on campus, Rostance said, "We try to leave the wildlife alone as much as possible. That is why we only clear a few feet into the

will be re-assessed and upgraded, if necessary, the following month, Rostance said.

Another example of the work undertaken by physical resources is cafeteria cleanup.

"Have you ever seen the cafeteria after a pub? Our people have to have the cafeteria cleaned and reorganized for seven the next morning."

Parking lot snow removal is also a major chore. After a snowstorm, the lots are not

"If I've heard it once, I've heard it a thousand times... 'Why don't you take a bed down there and sleep?'"

grounds along walkways. If a tree falls naturally we leave it, unless it is causing some danger. The only wildlife problem we have on campus is groundhogs, as they dig under building foundations and live under the portables."

Children playing in the area of the Early Childhood Education building sometimes do not know enough to leave the wildlife alone, said Rostance. In light of this potential danger, the department must trap the animals before someone gets hurt.

The campus safety committee, comprised of 10 staff members, meets bi-monthly and deals with all on-campus accidents. With the increasing number of students next year, team membership will not increase for the first month, but the committee's performance

scraped to the pavement but are cleaned as much as possible. "We work all night putting sand and salt down on the lots," Rostance said.

Until recently, Rostance was also in charge of physical resources at the Cambridge and Waterloo campuses, and three other off-campus offices. On April 1, he relinquished his duties at Waterloo and Cambridge so he could devote full attention to the Doon campus. This was necessary because of the increased student population at Doon. Previous to his 19 years at the college, Rostance was a supervisor for Ball Bros. Ltd. Construction, and was involved in the construction of the main building on the Doon campus.

"I was on site in 1967 to September of 1968, for phase two. The original building was

to be built in seven phases to hold between 6,000 and 7,000 full-time students. It was during phase three that the Ministry of Education, now called the Ministry of Universities and Colleges, decided to go to multi-campus facilities, to take education to the people, rather than the people to education," recalled Rostance.

On Oct. 1, 1968, Rostance was hired by the college for building maintenance. At that time the maintenance staff consisted of himself and an electrician.

In 1970 Rostance's title changed to manager of physical plant which translated to manager of machinery which supplied the main building.

Rostance is originally from Lichfield, England, a place he describes as the only town that has a cathedral with three spires. After working for nine years in wholesale and retail liquor stores, he convinced his wife Canada would be a better place for their family of two daughters and a son.

Prior to his employment in the liquor industry, Rostance was an air-frame mechanic with the Royal Air Force (RAF) during the police action in Korea. Conscripted in 1952, he worked on plane repair for the next three years.

"The navy was my first love. I wanted to join as a boy entrant at 15, but my father would not allow it," said Rostance.

Rostance now builds radio-controlled model boats from



Mac Rostance

original blueprints. He receives blueprints of the vessels from the Imperial War Museum in England, and spends three to four years completing one vessel.

"The best vessel I have built so far is the one I have running now, a 1942 armed trawler, the HMS Grenadier. I have won two trophies with her," remarked Rostance.

Rostance's latest project is the researching of a frigate, the HMS Unicorn. It was a courier ship with Nelson at the Battle of Trafalgar. Rostance considers this his biggest project as the boat will be sail-driven as well as power-driven.

Although Rostance enjoys his job at the college, he said there are some drawbacks.

"It's a thankless job. One of the best attributes for it is a sense of humor, or you would go straight up the wall. My staff and I must be able to assess people coming in to complain and send them away feeling happy and satisfied."

Confusion of consumption: cafeteria food clean

By Deanna Ball

Choco-nut ice cream: Milk solids, sugar or liquid sugar, glucose or glucose solids, glucose-fructose, (chemical by-

products of sugar), dry or condensed whey, guar gum, (a chemical by-product of gum), carrageena, carob bean gum, carboxymethyl cellulose, (derived from a product used

to clean and polish hard metals), mono-and diglycerides, (a thick, sweet, colorless liquid used in ointments and medicines and in the manufacturing of explosives), polysorbates 80, (a compound of sorbate acid with a base), and artificial flavoring.

These are only some of the ingredients in a Choco-nut ice cream cone, specifically the ice cream, as written on the wrapper.

With an increase in the awareness of the public to physical fitness, there has also been an increased awareness in foods being eaten and what they contain.

Students at the college can relax when purchasing food from the cafeteria that has been produced by Beaver Foods Ltd., as the company purchases as few items as possible with chemical preservatives additives in them.

"Our company is very aware of the chemicals added to food and we don't purchase or sell any prepared foods containing monosodium glutamate (MSG). MSG is a basic preservative and we are against foods with preservatives in them," said Jackie van Trigt, manager of the Doon campus division of Beaver Foods Ltd.

Although van Trigt agrees some foods do come with chemicals in them, they try to cut down on them. One way Beaver avoids excess amounts of chemicals in prepared foods is by making fresh muffins and doughnuts every day.

"We use Quaker muffin mix which contains few preservatives, actually hardly any, to

make doughnuts and muffins for the students. I like to see fresh foods out on the counter at all times and even feel bad about putting some doughnuts and muffins out for a second day at a special price. I'd rather bake muffins every two days, rather than sale some for a second day," said van Trigt.

Only on special occasions, like St. Patrick's Day and Valentines, will van Trigt consent to the use of food coloring in some of the items sold in the cafeteria.

"During the summer months the food is better, as it's picked in Ontario and is fresher," said van Trigt.

"Our company has a staff of dieticians who try to keep our products as clean as possible."

Beaver Foods Ltd. has strict regulations as to what they can order and what companies they can order from.

"Our company has a staff of dieticians who try to keep our products as clean as possible," said van Trigt.

When van Trigt was asked about what students could do to avoid ingesting some of the harmful chemicals that may appear in the cafeteria as junk food, she responded, "Personally, I'm quite conscious of chemicals in foods but I can't tell students what they can or can't eat. However, the students have enough variety that they can avoid the chemicals by choosing the Holiday Juices, Harvest Street Nuts and the food prepared in the cafeteria."

van Trigt has recently ob-

tained a calorie schedule for those students conscious of their caloric intake which, when enlarged, will be displayed in the cafeteria food line.

Although Beaver Foods is doing their part to ensure that students have access to proper diets with as few additives and chemical preservatives as possible, students should also be aware of some of the ingredients contained in the common foods they decide to eat.

Sodium nitrite, used during 1984-85 to enhance the look of lettuce, was responsible for at least three deaths due to respiratory malfunction (specific-

ally, severe asthma attacks), and, when rubbed on the skins of test rats and mice, usually caused skin cancer.

BHA, BHT, and propyl gallate, found in vegetable oils, shortening, breakfast cereals, dry beverage mixes, snack foods, margarine, gum, and instant potatoes, when tested in high doses, interfered with the reproduction, affected the behaviour, altered blood cells and caused tumors of the stomach, lungs, and ovaries, in test animals. However, researchers also suggest the possibility that BHT reduces the risk of stomach cancer in humans.

Caffeine stimulates the nervous system and heightens hyperactivity in children and has been linked to birth defects, cancer of the pancreas, and ulcers.

Dirt particle triggers alarm



Electrician Helmut Onischke
Photo by Beth Nichols

By Deanna Ball

A tiny particle of dirt was responsible for setting off the sprinkler alarm at Conestoga College Monday morning, April 26. Four fire trucks responded to the call, according to Bob Gilberts, head of security.

"Something tripped the sprinkler system alarm. We received it as a full alarm at fire headquarters. Because the college is under commercial, industrial and residential categories, two stations as well as our rescue unit responded," said fire officer George Loree.

Chris Gutz, an employee of Beaver Foods Ltd., said he was in the steamroom spraying a cafeteria cart and thought the alarm was set off by a buildup of steam within the room.

Mac Rostance, supervisor of the physical resources at Doon, said the water used to spray the carts varies between 125 and 130 degrees F. The alarm system is a heat sensor unit which detects a drastic increase in temperature. The temperature had to reach 120 degrees Fahrenheit to set off the alarm system.

A specialist was called in to check the system and discovered the malfunction in the alarm was due to dirt on the end of its conductor.

SPORTS

Self-determination spurs athlete to success

By Salvatore Scarpelli

Luck is an odd thing. People sometimes say, "I'd rather be lucky than good any time," but do they mean it? To credit luck—being born under a lucky star or with a silver spoon in your mouth—discredits one's abilities.

In the case of Sue Blacklock, a second-year student in the law and security administration program at Conestoga College, luck had nothing to do with her winning the female athlete award for the second consecutive year.

To praise a person for his or her luck is condescending, a kind of backhanded compliment, according to Blacklock. She subscribes to the theory that "the harder I work, the luckier I get." Only Blacklock knows how moist her palms got the night she walked on stage to accept her awards at the 18th annual Conestoga College athletic awards banquet April 9 at Kitchener's Transylvania Club.

Blacklock, 21, considers her list of athletic achievements at Conestoga during the past two years as "impressive." In addition to this year's awards, Blacklock's trophy list shows two awards of distinction for her role in varsity and intramural activities and two consecutive most valuable player (MVP) awards for softball. She was also named varsity player of the week on many occasions.

For two years, Blacklock led the women's varsity softball team and this year was named the MVP at the Ontario Col-

leges Athletic Association (OCAA) softball tournament.

"I was honored to receive the tournament MVP award. There were many good players in the tournament; however, I would rather have won the OCAA championship," she said.

Her varsity teammates and coaches describe Blacklock as a competitor of great, and perhaps, wondrous athletic abilities. Besides being a member of the women's softball team, she also was a standout guard in two years of varsity basketball.

"I play sports because I enjoy them. The more effort you put into the game, the more fun it becomes."

A native of Guelph, Blacklock lives at home with her family and is the second of three children. Growing up in the shadow of an older brother and understanding a younger sister wasn't easy for Blacklock, who considered herself hard done by.

"Ask any kid who had to grow up being the middle child. You were either too young or too old to do anything," she said.

However, this did not deter Blacklock from the things she wanted to accomplish. If anything, being the middle child made her more determined to reach her goals, she said.

"It always seemed I had to work twice as hard to get what I wanted. But in the end, it was all worth it," she said.

Nothing in life comes easy, attests Blacklock, who compared the game of life to sports. Both require total dedi-

cation to be successful. After winning the female athlete award for the first time last year, Blacklock said, many people considered her lucky and overlooked her athletic abilities.

"It was an honor to be nominated last year and I was surprised to win." Last year competition for female athlete was tough but after winning the award, being labelled lucky upset her. "I realized I had something to prove this year and I did."

Co-captain of the women's softball team, Blacklock pitched well enough to win a second softball MVP. She hopes there is no doubt now in minds of those who believe awards are won by luck alone.

The list of Blacklock's intramural activities is lengthy. In addition to officiating, she played volleyball, broomball, basketball, squash, floor hockey, ringette and three-pitch softball.

Blacklock also served on the college's intramural committee for two years. She participated in community-level softball and the Ontario Ringette Association, where she played and officiated.

Budgeting time between school and sports was not a problem for Blacklock, who admitted there were a few occasions she stayed up a few hours to complete an assignment.

"Being active in sports added to the college atmo-



Blacklock with her female athlete award

Photo by Salvatore Scarpelli/Spoke

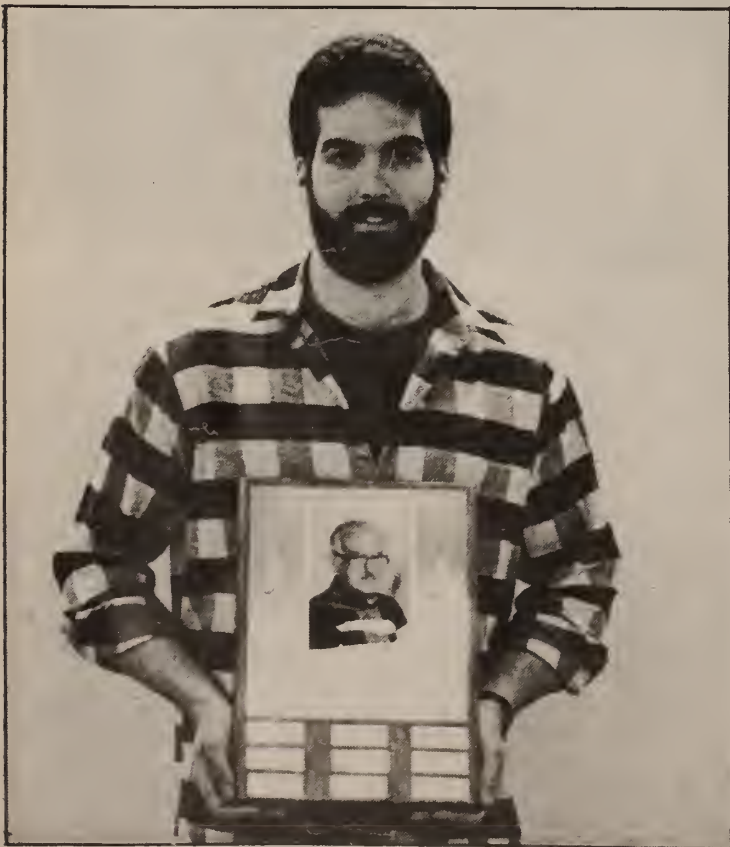
sphere. Sports provided me with an outlet for stress. I found myself more relaxed and using my spare time constructively."

Now that her college years are over, Blacklock anticipates working for the police force somewhere in the region. She doubts that working will inter-

fere with her obligations to the softball and ringette teams she plays for:

"If anything, being on the police force encourages you to keep fit. In my case, I can have the best of both worlds by working at something I like to do and keep in shape by playing sports," she said.

Miller recognized for contribution to college



Miller: honored with Rev. G. Logan memorial award

Photo by Salvatore Scarpelli/Spoke

By Salvatore Scarpelli

Dan Miller, 21, a third-year accounting student at Conestoga College, has become the fifth recipient of the Rev. G. Allen Logan Memorial Award.

The award, one of the highest the college bestows on a student, was presented to Miller during the 18th annual Conestoga College athletic awards night April 9 at Kitchener's Transylvania Club.

Prior to accepting the award, Miller was given a standing ovation. Logan's youngest son, David, 21, then presented the plaque and a pen set mounted in marble.

"It was an emotional experience for me. I have never had a standing ovation," said Miller.

"I never knew Mr. Logan, although I had heard very good things about him from the college faculty who knew him. Obviously he was a great man and well respected. I was overwhelmed and honored to be considered in the same category."

The award recognizes Miller for warmth and compassion to

fellow students in addition to personal initiative and commitment. These qualities characterized Logan, who for 13 years was a counsellor at the Doon campus.

Miller added that, despite the award, he never considered himself an over-achiever in college. Asked if he had set a goal of winning the award, he replied, "It would be impossible for anyone to artificially demonstrate compassion and concern toward others."

Such traits usually depend on the individual and can only be detected by those who see it in you, said Miller. He suggested that he is far from being a saint and added there is nothing unusual about him.

"No planned strategy," he said. "I just did what came natural."

Besides being involved with varsity athletics, intramural and student association activities, Miller contributed academic assistance to other students and was an active

volunteer with the college's summer youth camps. He also served as a youth activities

co-ordinator last summer with the Canadian Diabetes Association, a special experience he was glad to be a part of.

"You can't put a price-tag on a smile on a kid's face," he said.

Miller is looking forward to graduation this spring and said he has a job with Southwestern Floral Inc. of Waterloo as an accountant.

In addition to the memorial award, Miller was last year's male athlete of the year and has won awards of distinction for varsity hockey and intramural sports during the past three years.

Winning the Rev. G. Logan Memorial award couldn't have come at a better time, according to Miller. Second only to graduating, the award will make this year one of his most memorable at college.

"I have worked hard since the first day at college. Having someone acknowledge my efforts and present me with awards is the most gratifying experience anyone can have," he said.